

# Leisure Activities

## *What are Leisure Activities?*

A flexible mix of activities for adults who have an intellectual disability. Adults can choose from a variety of opportunities for small groups to enjoy leisure activities during the day, evening and/or weekends.

## *Who are they for?*

Adults who want to meet other people with similar interests, learn about what is available in their community and how to access opportunities.

Activities are for adults who don't require additional support or can bring supports with them.



## How do I get involved?

**Community Leisure Connections** – Evening and weekend small-group activities connect people with similar interests. A newsletter and schedule of activities is sent out every two months. To receive call 519-686-3000 ext. 363.

**Access Extra!** – Our quarterly Access Extra! lists a variety of daytime leisure opportunities happening around the community. Activities change quarterly. For your copy contact 519-686-8600 ext. 5.

**Neighbourhood Access** – Leisure activities are offered in collaboration with the South London Neighbourhood Resource Centre. For more information contact 519-868-8600 ext. 5.

**Recreational Bowling League** – Weekly leagues are offered at two locations from September to April. Registration begins in September. For more information contact 519-686-3000.

Nominal fees are charged for all Leisure Activities



*“These activities connect Darren to his friends and the community. He takes karate every week and looks forward to dinner-and-movie nights. His independence just keeps growing.”*

*– Joan, Darren’s mom*



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